



Thurlestone

News Magazine

December 2011



Mission Statement

To promote Unity and Participation

To inform and Entertain

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Committee Members

Janice Hardacre
Jewel Stephen

Acknowledgements :

Thanks to all those who helped make this issue possible!



Notes from the Editor

December 2011

At this time of the year, we strive to do and be all things to so many around us: family, friends, colleagues and loved ones. Yes, it's the season of giving, but don't forget that one special person to treat – you! It may be something small or something big. It may be something expensive or inexpensive; it may even just be an extra long walk in the park... anything. Treat yourself!

Thinking about carolling in the neighbourhood? A few members thought it might be fun to do – everyone is welcome! Stay tuned for more details. In the meantime, take a look at some familiar songs attached to this edition. You can get a head start this Tuesday December 6th at the Taylor Memorial Library. Some members of the Toronto Beach Chorale, an auditioned community concert choir, will be leading a sing-along starting at 6:30 p.m. (See the notice in the Arts & Entertainment section).

However you celebrate the holidays, I wish you good tidings, good will and lots of cheer. And ~ have a happy new year!

Janice



December 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 <i>Office Closed</i>	3
4	5 HSE Mtg. 7:00 pm <i>Ashura</i>	6 Board Mtg. 7:00 pm	7	8 <i>Immaculate Conception</i>	9 <i>Office Closed</i>	10 Membership Mt.g 9:00 am
11	12	13	14 Finance Mtg. 7:00 pm	15	16 <i>Office Closed</i>	17
18	19	20	21 <i>Hanukkah</i>	22 NewsMagazine 7:30 pm	23	24
<i>Office Closed</i>						
25 	26 <i>Boxing Day</i>	27	28	29 NewsMagazine 7:30 pm	30	31
<i>Office Closed</i>						

BOARD OF DIRECTORS

At the General Member's Meeting held on September 28th, 2011 six new directors were elected, four for two years, and two for one year. Therefore, the Board of Directors now exists as follows:

Lois Logie
President, S.E.T.

Unit 1, 22 Fishleigh Drive
Scarborough, ON
M1N 1G9

Deanna D'Amico
Treasurer
Finance Liaison

Unit 5D, 2 Folcroft Avenue
Scarborough, ON
M1N 1K8

Teresa Simmons
Corporate Secretary
Children's Comm. Liaison

Unit 3A, 2 Folcroft Avenue
Scarborough, ON
M1N 1K8

Anita Lowe
Vice-President
Membership Liaison

Unit 1B, 2 Folcroft Avenue
Scarborough, ON
M1N 1K8

Michael Burke
HSFE Liaison

Unit 7, 18 Fishleigh Drive
Scarborough, ON
M1N 1G9

Melanie Lyle
S.E.T. Comm

Unit 4C, 2 Folcroft Avenue
Scarborough, ON
M1N 1K8

William Torres
Unit Inspections Liaison

Unit 2B, 2 Folcroft Ave.
Scarborough, ON
M1N 1K8

David McConville
Newsletter Liaison

Unit 3, 18 Fishleigh Drive
Scarborough, ON
M1N 1G9

Tammy Edwards
Landscaping Liaison

Unit 3D, 2 Folcroft Ave.
Scarborough, ON
M1N 1K8

If you have a maintenance emergency and the Co-op Office is closed, please call the ON- CALL PAGER: 416-441-8360 and leave a numeric message. If you do not receive a prompt response, please consult one of the Board of Directors listed above for assistance. All non-emergency matters are to be directed to the Co-op Office at 416-261-1110.



Notes from the Co-ordinator's Desk



**OFFICE CLOSED
CHRISTMAS
AND NEW YEARS**

Please note that the Co-op Office is open regularly from Monday to Thursday between 1:00 p.m. and 4:00 p.m. and closed on Fridays.

During the month of December 2011, the Office will be closed as follows:

Closed from:

**Friday, December 16th, 2011
and re-opening on Tuesday,
January 3rd, 2012.**

If you have a maintenance emergency during the above dates, or during any evening or weekend, please contact the:

**On-Call Emergency Pager
416-441-8360**

or contact your nearest Board Representative for assistance. (Please see Board of Directors List enclosed in Newsletter.)

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Christmas Reminders

It's that special season of the year again and we wish to remind everyone that you must do your part to pick up any debris from your Christmas Tree, Christmas Wreath Pine Needles, or Spruce branches or decorations that fall within the co-op's common areas.

The needles and branches from these Christmas items can cause damage to our co-op vacuums and the removal of this debris is each member's own responsibility.

When disposing of these trees, please place your trees in the same yard waste designated location at the foot of your lawns at either 16 or 24 Fishleigh Drive, or 2 Folcroft Avenue.

We appreciate and thank you for your co-operation in this matter.



**ATTENTION:
ALL MEMBERS**

Please be reminded that snow shoveling and salting of the walkways and stairs is every physically-abled member's responsibility to ensure that we have cleared, salted, and made our walkways and stairs safe around the Co-op.

You have decided within your budgets that this is a chore that all co-op members will assume responsibility for all five building locations. Shovels and salt are provided in each lobby of every building in the co-op. Please be sure to return your building's shovel to its designated location after each use so that it is always available. Your help and contribution in this important safety matter is very appreciated!



**Have a Safe and
Wonderful
Holiday Season!**

Diana Hogan
Co-ordinator

November 29, 2011 Issue



Work Day

November 13, 2011

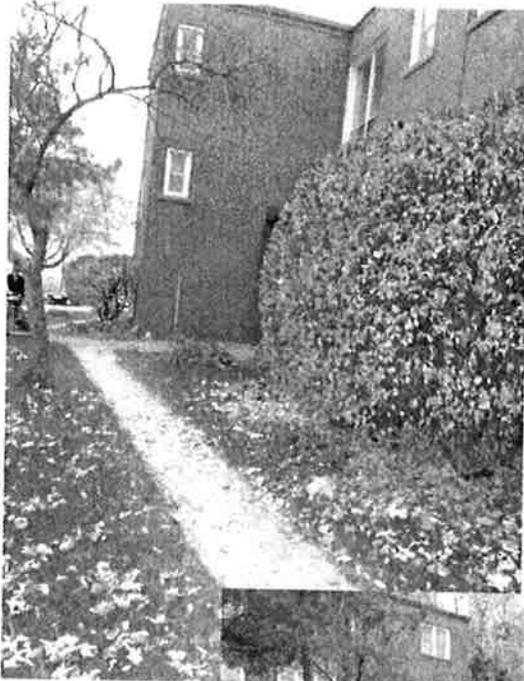
Photos by Liisa (Folcroft)



fall
leaves
fall leaves
fall leaves fall
fall leaves leaves
fall leaves fall leaves







For Healthy Pets

The Essential Guide to Pet Safety During the Holiday Season

by Anna Maria Greene, MA

Many common foods, plants, and other things abundant in the home during the holidays are there because we delight in them. But what's good for the goose is not always good for the gander. Here are some of the more common culprits to watch out for this season, along with signs of toxicity, a first aid kit, and instructions should your kitty or pooch foil your best protective efforts.

PLANTS

1) *The Poinsettia*: It's a Christmas classic, but if the leaves are ingested by pets, it can cause very unpleasant symptoms such as nausea, vomiting, and diarrhea. Reports of the poinsettia as a skull-and-bones type poison, however, are greatly exaggerated – it is actually classified as mildly toxic by the ASPCA. Still, some kittens have been known to go blind if they get the leaves' sap in their eyes.

2) *The Mistletoe*: For humans, these traditional sprigs of bright red berries are invitations to steal smooches. For pets, though, they can be the kiss of death. Visible early signs of poisoning include bleeding in the mouth, erratic behaviour, vomiting, and diarrhea. An encounter with this plant can also cause more serious problems, including bleed-



Holiday foods, plants, and decorations can pose a hazard to pet health

ing of the stomach and intestine; liver, kidney, adrenal, and nerve damage; and cardiovascular collapse.

3) *The Holly*: For such a pretty plant with a jolly name, the berries of the holly are very deceptive. If your pet eats them, you won't feel like singing fa-la-la-la-la. The mishap triggers tremors and seizures, which might end in a coma, and even death.

4) *The Star of Bethlehem*: This star may have led the three Wise Men to the manger, but the plant can land your pet in emergency. As part of the deadly lily family, it contains the poison "glycosides" and is more an outdoor plant. Symptoms of toxicity (for animals and humans) are increased heart rate and blood pressure and cardiac arrest. The good news is that your pet has to eat a lot of these "stars" before the lights go dim.

5) *The Christmas tree*: Considered mildly toxic, oils of some trees (such as the fir) can irritate your furry friend's mouth and stomach. Symptoms include

drooling and vomiting. Also, if they swallow the needles, it can puncture their intestines and cause obstruction. As with all poisons, the amount consumed, along with the degree of toxicity, will determine how much trouble your pet is in.

FOOD

1) *Grave Grapes*: From divine wines to sensuous salads, humans have celebrated grapes as fit for kings. If your puppy gulps down too many of them, however, they can be the grapes of wrath (depending on the size of the animal, poisoning has been observed from eating between 9 oz and 2 lbs). Early tip-offs for toxicity include vomiting and diarrhea. In severe cases, kidney failure may occur within 24 hours, and death can follow.

2) *Raise the Raisins*: Keep this treat high on the shelf, as it's also on the nasty list for your pets. The symptoms of toxicity are the same as those for grapes.

3) *Mad Macadamias*: Just a few of these nuts can really spoil your dog's day at best, with vomiting, abdominal pain and tremors. At worst, they can cause paralysis. Miraculously, dogs fully recover within 48 hours, even without vet treatment. Again, even though cats aren't crazy about macadamias, best keep a lid on the jar just in case.

4) *Naughty Nutmeg*: Nutmeg contains a narcotic (myristicin) that, should

kitty lap up the Christmas eggnog, can cause her to act as if she's on a really bad acid trip. If you notice vomiting and bizarre behaviour, this means that she's likely been poisoned by a hallucinogen. Pets have died from consuming this spice. Even humans can overdose on nutmeg, though it would take massive amounts in one sitting.

5) *Chocolate*: Among the 17,000+ calls the ASPCA fielded last year for pet poisoning, chocolate was cited as the worst offender. Symptoms include vomiting, diarrhea, excessive thirst, urination, panting, excitability, and rapid breathing – and in severe cases, tremors, seizures, and abnormal heart rhythm. “Death by chocolate” is no joke in pet-land.

DECORATIONS

What with all the ribbons, baubles, and other shiny things, pets can't help partying with the new eye candy. But if they swallow bits of tinsel or string, it can get twisted in their intestines and you'll have one sick little puppy on your hands. So, by all means deck the halls, but clear the deck of anything that can hurt your pet.

FIRST AID

Depending on the type and severity of the poison or other damage caused by ingesting dangerous items, you may have only a small window of time to help your beloved friend. Knowing what to do, and having the right tools on hand can ease their discomfort and possibly even save their lives:

- 1) When possible, identify the source of the poison, as this will be one determinant of the antidote – inducing vomiting early on is the best option, but in some cases (such as with corrosive poisons like bleaches and antifreeze), this is the worst thing to do. Also, take a sample of the poison to the vet if it should come to that.
- 2) Observe the symptoms and the time of their onset, as both factors are also critical in deciding whether to induce vomiting (if your pet isn't already doing so). Note details such as texture, odour, and colour of stool; whether blood is present anywhere; their behaviour; signs of weakness in limbs; breathing irregularities; and any other troubling signs.
- 3) Call your vet, emergency, or a poison control hotline to walk you through the first aid: it may be all you need, or it could save your pet until you can get her to the ER.
- 4) Have a pet first aid kit on hand. The following contents are from standard and holistic remedies recommended by experts in both practices. As it may well be a matter of life and death, minutes can make a difference in saving your pet. Also, you must know how to administer holistic remedies safely. If you do not have plenty of experience, then going to a traditional vet is your wisest option.



THE HISTORY OF GRANDMA'S APRONS

I don't think our kids know what an apron is.

The principal use of Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

REMEMBER: Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw. *They would go crazy now trying to figure out how many germs were on that apron.*

I don't think I ever caught anything from an apron - but love...



No rest for
the dead...

BATTERY

Battery recycling in
the age of the gadget

| Antoine Giraud

After 21 years the Energizer Bunny is marching to a new beat. In an effort to appeal to environmentally conscious consumers, Energizer changed its slogan from “Keep Going” to “now that’s positivenergy.” The new marketing campaign includes sizable donations to ecological and tree planting organizations. >



LIFESTYLE

Yet, while more trees are always welcome, the unfortunate fact is that over 95 percent (over 635 million in 2009) of all single-use consumer batteries sold in Canada end up in landfills. And with our insatiable hunger for portable gadgets, sales are expected to increase to nearly 750 million by 2015.

The environmental impact of throwing dead batteries into the trash depends on the battery type, as some are more toxic than others. However, there is no such thing as a completely “green” battery.

WHY RECYCLE?

As batteries degrade in landfills, various chemicals and heavy

metals can leak into our topsoil and groundwater. Eventually, these toxins can end up in our ecosystems and our bodies. In addition, toxins are released into the air when batteries are burned in municipal waste incinerators. One such toxin, the heavy metal cadmium, a known carcinogen found in some rechargeable batteries, easily accumulates in fruits and vegetables, or can be inhaled and may cause severe health problems, such as nervous system damage.

Recycling also recovers metals that would otherwise be mined from the earth and is a proven way to combat global warming. For example, car batteries—a recycling success story—have the highest recycling rate at over

95 percent in the US between 2004 and 2008. With secondary lead, plastic, and sulphuric acid being used instead of virgin resources, new car batteries contain up to 80 percent recycled materials.

Environment Canada suspects a similar recycle rate and reports that the resulting energy savings translated to over 250,550 tonnes of CO₂ in 2007. If we recycled a mere 50 percent of consumer batteries, we could save up to 18,772 tonnes (the equivalent of taking 2,808 SUVs off the road for a year).

BEATING THE BATTERY BLUES

The danger of discarding batteries

BATTERY BREAKDOWN

Using rechargeable batteries is the greener, wiser choice as they can be used hundreds of times before they die, but as they are more difficult to recycle, you still need to recycle them. Here is a breakdown of the different consumer battery types, including why and how to recycle them.

Battery type	Description	Used in	Materials recovered from recycling	Where/how to recycle
alkaline manganese (ZnMnO ₂)	the most common single-use battery you can buy	toys, flashlights, clocks, radios, smoke alarms, remote controls	steel and zinc	In Manitoba and BC, search for drop-off locations at call2recycle.ca . For other provinces search at earth911.com .
lithium ion (Li-ion)	an expensive but newer type of rechargeable battery	cell phones, laptops, MP3 players, camcorders, toothbrushes, electric cars	precious metals	Likely the whole electronic device will be recycled as the battery is often integrated into the product. Check if the manufacturer has a take-back program, or check the local recycling depot. To recycle just the battery, search call2recycle.ca .
nickel cadmium (NiCd)	a cheap, long-lasting rechargeable battery, but an environmental hazard	power tools, cordless phones, cameras, two-way radios	keeps the toxic heavy metal cadmium out of the environment and recovers precious metals nickel, iron, and zinc	Search call2recycle.ca for a drop-off location.
silver oxide (ZnAgO ₂)	a small button type, also toxic for the environment	calculators, hearing aids, wristwatches, medical equipment, greeting cards	keeps mercury out of our ecosystem	In most cases, these batteries can be replaced by a professional or jeweller. If not, check with the local household hazardous waste program.

LONG LIVE THE RECHARGEABLE BATTERY

The following tips will help to extend the life of rechargeable batteries.

- > Follow manufacturer charging guidelines.
- > Never try to charge a fully charged battery—this shortens battery life.
- > Remove charged batteries from charger; leaving them in will shorten battery life.

in our landfills is not a new concern, despite the recent green movement giving it some exposure. Private industry and the government have been working together for over 15 years to tackle the issue.

In 1994 a consortium of rechargeable battery and product manufacturers formed the Rechargeable Battery Recycling Corporation (RBRC) to provide free rechargeable battery recycling to North American consumers. Any business that sells batteries can enrol as a collection centre free of charge.

In 1996 the US passed legislation to phase out mercury from single-use alkaline batteries. As we do not manufacture our own batteries in Canada, we rely on imports from the US. Unfortunately, counterfeit batteries from China are still a problem, as they do contain mercury and have even been known to explode (so exercise caution when purchasing batteries).

In recent years there has been a push from grassroots environmental organizations to educate the public and try to improve the battery recycling rate. For instance, the nonprofit EcoWatch Canada organizes

GREEN PORTABLE POWER

Here are a few technological advancements in portable power that create less harm to the environment.

- > Zinc air batteries use zinc and oxygen to generate a charge. They are small enough to replace harmful mercury-based silver-oxide batteries.
- > Nickel metal hydride (NiMH) rechargeable batteries use a hydrogen-absorbing alloy instead of toxic cadmium. For maximum green points buy brands pre-charged with solar power.
- > No batteries required? A new technology called wireless electricity (WiTricity) can beam power safely to devices via magnetic fields.

“Rechargeables are more toxic than single-use batteries, so recycling is a must.”

competitions among schools to see who can recycle the most batteries.

This sort of community involvement is encouraging, especially considering that recycling batteries is not a simple matter of tossing them into the blue bin on the curb. It takes a bit more effort to collect and drop off spent batteries. The ultimate payoff, however, is not just a longer gadget life—it's a longer life for our ecosystem. **a**

Antoine Giraud is a writer and editor who never throws his dead batteries in the landfill.



“I only have to work one day a year — I sell batteries door-to-door on Christmas morning”

Moisturize Your Skin While Snacking !

For many, it's a tradition to have a bowl of mixed nuts on the coffee table throughout the holiday season. Supermarkets often stock pre-mixed bags of nuts, usually consisting of Brazil nuts (delicious, but oh so hard to crack!), walnuts, hazelnuts, pecans, and almonds. An advantage of having the nuts still in their shells is that they keep fresh for ages.

Nuts still have a bad reputation as a fatty snack food that should be avoided. Although fat is calorie dense, we now know that the type of fat, as well as the amount of fat, is an important consideration when planning healthy meals. The type of fat in nuts is mostly unsaturated (the good kind).

They are a good source of linoleic acid, a polyunsaturated fatty acid that can help reduce dry skin. Seeds, nuts and vegetable oils are also all good sources of the antioxidant vitamin E. One ounce of almonds provides 35 per cent of your daily requirement of vitamin E.

So the next time you pop a handful of these healthy morsels into your mouth, you'll know you're increasing your vitamin E consumption and helping to hydrate your skin as well !

Walnuts are the highest in omega-3 fats so if you aren't a fish eater – the other major source of omega-3 fat in our diet, include walnuts in your diet.

Selenium is a mineral that acts as an antioxidant (helps to prevent heart disease and cancer). Our daily requirement is 55 mcg per day. One Brazil nut, (one nut, not one ounce) provides your total daily requirement. This is particularly important for men, as selenium has been widely studied in its ability to reduce prostate cancer risk.

Remember, it's possible to get too much of a good thing. Just because nuts are an excellent source of healthy fats and disease fighting nutrients, eating too many can put you over your calorie budget for the day.

Enjoy 1 ounce of nuts 5-7 times a week, especially almonds, walnuts and Brazil nuts. Seeds such as sunflower and pumpkin would be a healthy alternative.

Nuts are not just good for snacking; consider adding them to your food – they go great on salads, cereal and yogurt. Using unsalted nuts will help to keep your salt intake in check.

It was noted that the European Union has imposed strict regulations on the import of Brazil nuts in their shells, as the shells have sometimes been found to contain high levels of aflatoxins, which may lead to liver cancer. Aflatoxins are toxins that are formed by certain molds on food, particularly nuts that are grown in warm, humid conditions. Even though we don't eat the shells, it is feared that the toxins could pass from the shell into the nut.

For more information on the nutritional value of nuts, go to www.nuthealth.org

Source: Jean LaMantia is the registered dietitian for The Adelaide Club. Also Fifty-Five Plus Magazine, October 2011

Facts About Trans Fat

What is trans fat?

- Trans fat is made when hydrogen is added to vegetable oil, making it a solid fat (shortening and hard margarine). This process is called hydrogenation.
- For food manufacturers, hydrogenated oils are inexpensive and foods made with them have a longer shelf life. Through hydrogenation, a “healthy” oil turns into an “unhealthy” one.

How do I know if a food has trans fat?

- New “Nutrition Facts” labels **MUST** show the amount of trans fat (in grams), and the % Daily Value for saturated and trans fat combined.
- If you see an old label that gives the breakdown of saturated, polyunsaturated and monounsaturated fat grams, here’s a trick to find out how much trans fat is present: Add up the values of these three types of fat and if the number is less than the total grams of fat, the difference is mostly trans fat.

What foods are trans fat found in?

- Common foods with trans fat include stick and tub margarines (hydrogenated), vegetable shortening, most commercial baked goods (cakes, cookies, crackers), snack foods (potato chips, corn chips), and other food made with or fried in partially hydrogenated oils.
- A small amount is found naturally in dairy products, some meats, and other animal based foods.

Will “trans fat” appear on the list of ingredients?

No. But if you see the following words on the list of ingredients, trans fat are most likely in the product:

- Hydrogenated or partially hydrogenated vegetable oils
- Shortening
- Vegetable shortening

Why are we advised not to eat trans fat?

Trans fats are bad for your heart because they:

- Increase bad cholesterol
- Decrease good cholesterol
- Have been shown to damage artery walls

Are all fats the same?

- No. Unsaturated fats (monounsaturated and polyunsaturated) can be beneficial if eaten in moderation. Saturated and trans fats are not. They may contribute to diseases such as heart disease. Choose foods low in saturated fat and trans fat as part of a healthy diet.

Best Buys in Milk and Alternatives

Milk

- Drink skim, 1% or 2% milk.
- Select lower fat milk alternatives.

Save by buying...

- Milk in bags or recyclable plastic jugs. It is cheaper than milk in cardboard boxes.
- Skim milk powder. It is cheaper than fluid milk.

Tip! Use lower fat milk or evaporated milk instead of cream to make recipes more nutritious, lower in fat, and less expensive.

Cheese

Save by buying...

- “No name” or store-wrapped cheese.
- Mild and medium cheese. They are cheaper than old cheese.
- A block of cheese and slicing or grating it yourself.

Tip! Buy blocks of cheese when on sale and freeze. Thawed cheese will crumble, but it is just as nutritious.

Yogurt

Save by buying...

- Yogurt in large containers. They are cheaper than single-serving size.
- “No name” or store brand yogurt.

Tip! Plain yogurt is the best choice. Add your own flavourings. To cut down on the amount of added fat in recipes, use lower fat yogurt instead of sour cream.

Other Sources of Calcium

For variety try...

- Tofu, soy and rice beverage that have been fortified with calcium and vitamin D. Use them in place of milk in any recipe.

Food Safety Tip!

Check the “best before” date on all dairy products.

Healthy Options for Special Occasions

Food is an important part of special occasions, and sharing meals with family and friends is an important part of our social being.

But special occasion meals need not be unhealthy, nor do they need to be the focus of the occasion.

Here are some hints to keep special occasions, happy and healthy!

Planning a Healthy Menu

We all like to 'wow' our guests, but sometimes, all that 'wowing' can add up to misery. Keep meals simple and keep healthy options top-of -mind. Here are some tips:

- When entertaining, offer vegetable-based and lower fat appetizers
- Make lower-calorie or healthier versions of favourite recipes. Most recipes can be altered slightly to make them healthier, but you may want to experiment first.

Here's how:

- reduce half the salt in a recipe and add herbs and spices for more flavour
 - substitute whole wheat flour for half regular flour
 - in baked goods, substitute fruit or vegetable purees for half the oil in a recipe
 - reduce sugar in recipes by $\frac{1}{4}$ - add cinnamon, vanilla or almond extract instead
-
- If you are serving a buffet, use smaller plates. Smaller plates can help guests control their portions, and calories!
 - Include more lower calorie, healthier options at the buffet table – vegetables, fruit, whole grain salads
 - Have a large pitcher of ice water available for your guests. Dress it up with slices of lemon, lime or oranges.

Reducing Stress

- Keep holiday menus simple. With everything else on your to-do list, major holidays are not the time to make an overly extravagant meal. Keep fancier meals for birthdays and anniversaries.
- Keep a detailed list – that way you won't keep worrying about what you've missed.
- Prioritize your to-do list. Decide what you really need to do and let the rest go.
- Get enough sleep. Being well rested gives you more energy so you can actually enjoy your planned activities more.

- Plan some physical activity into your busy day. A brisk walk, run or stroll around the neighbourhood can do wonders for your mental health.
- Don't overbook yourself. It's okay to say 'no' to that last minute invitation or request
- Stock the kitchen with healthy snacks like fresh fruits, vegetables, nuts, yogurt and dried fruit. Having regular meals and healthy snacks throughout the day will help you feel your best.

Healthy Party Strategies

- Don't skip meals the day of a party. The idea of starving yourself for a big meal later on is not a healthy strategy. Skipping meals often results in eating more overall.
- Savour the flavour of holiday treats. During the holidays, sweet treats are everywhere. Be selective, but don't always deny yourself – take a small portion and eat it slowly!
- Don't go to a party hungry – have a healthy snack before you go.
- If the dinner plates at a buffet are enormous, use a salad plate for your dinner instead. Studies have shown you'll likely choose less if your plate is smaller.
- Survey the buffet table first, then decide on which items you'd really like to enjoy, rather than tasting them all.
- Don't hang around the food table. Once you've made your choices, step away from the table.
- Monitor your alcoholic drinks. Choose non-alcoholic beverages like sparkling water with lemon, lime or a splash of cranberry juice.
- After dinner, invite guests to get up from the table. Hanging around the table encourages nibbling. Plan a fun game like a Christmas/Hanukkah trivia game or a ping-pong competition.
- Before or after a holiday meal plan a family walk, skate or scavenger hunt.

Healthy Special Occasion Gifts

Consider giving these healthy gifts:

- Cookbooks – choose ones that have a heart-healthy focus or a healthy specialty, like bean-based recipes
- Basket of unusual spices – entice your friend to try some new flavours and provide a few interesting recipes.
- Crock Pot – this helpful appliance will help your friend or family member with the harried 'what's-for-dinner' dilemma
- Rice cooker/steamer
- Vegetable steamer
- Kitchen gadgets – a local kitchen supply store can help you choose some great gadgets that will make healthy cooking easier.
- Athletic wear or gear – water bottles, exercise ball, small weights or athletic socks
- Rather than chocolates give mixed unsalted nuts, dried fruits or popcorn.

German Christmas Gingerbread

Ingredients

- 1 cup butter, softened
- 2 cups packed brown sugar
- 3 eggs
- 2/3 cup honey
- 1/4 cup orange liqueur
- 1 cup sour cream
- 1/2 cup orange juice
- 1 2/3 cups all-purpose flour
- 1 cup whole wheat flour
- 4 teaspoons baking powder
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1 cup raisins
- 1 cup blanched slivered almonds



Directions

1. Whisk together the flours, baking powder, and spices.
2. In a large bowl, cream the butter or margarine with the brown sugar. Beat in the eggs, then the honey, orange liqueur, sour cream, and orange juice. Beat the flour mixture into the creamed mixture, and then stir in the raisins and almonds. Turn batter into a greased and floured tube pan.
3. Bake cake at 350 degrees F (175 degrees C) for 80 minutes, or until it tests done with toothpick. Transfer to a rack to cool.

Nutritional Information

Servings:

16

Amount Per Serving

Calories: 412 | Total Fat: 15.8g | Cholesterol: 76mg

Note: *I substituted applesauce for the butter and it worked out quite nice.*



BIRCH CLIFF Public School Annual Christmas Bazaar

Thursday, December 9, 2010 - 11:00 a.m. to 7:00 p.m.

1650 Kingston Road (at Birchcliff), in the gym.

Local artists and vendors. Handmade crafts, one of a kind gifts, a tasty bake sale, silent auction, beautiful raffle baskets and much more.

SING! SING! SING!

Join in with some members of the Toronto Beach Chorale singing carols and holiday songs.

Tuesday, December 6th
6:30 -7:30 p.m.
Taylor Memorial Library
1440 Kingston Rd



Kids can come in to enjoy stories from 6:00 to 6:30 p.m.

CULTURAL ACCESS PASS

A gift to each Canadian citizen during their first year of citizenship, the Institute for Canadian Citizenship's Cultural Access Pass provides complimentary admission to more than 600 of Canada's cultural treasures from coast-to-coast-to-coast.

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DID YOU
KNOW



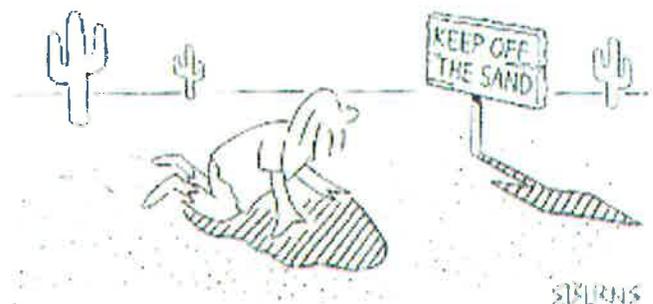
Singing sand is sand that produces sounds: musical, humming, whistling, or crunching sounds when disturbed..

Some believe the 'singing' sound is produced when each layer of sand grains slides over the layer beneath it. Others believe that the sound is produced by the friction of grain against grain that have been coated with dried salt, or by the compression of air between them. Not all sands sing, whistle or bark alike. Size, texture, mixture, wind and water all play a key role in the kind of sounds you will hear.

When it occurs near sand dunes, the sound is described as roaring, booming, squeaking, or the "Song of Dunes". Different patches of sand are even said to "sing" at different frequencies. It can last as long as several minutes and occurs in about 35 desert locations around the world. Examples of singing sand dunes include California's Kelso Dunes, the Booming Dunes in Africa, Barking Sands in Hawaii, and Singing Beach in Manchester-by-the-Sea, Massachusetts.

Singing sand has been reported on 33 beaches in the British Isles, some beaches along the Atlantic Coast and at the eastern tip of Prince Edward Island.

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Solution to the: Autumn Anagram

A E E L S (V)	LEAVES
A M N (T) U U	AUTUMN
A F (G) I L N L	FALLING
A (E) G N O R	ORANGE
(E) L O L W Y	YELLOW
(A) G I K N R	RAKING
A (E) G H R T	GATHER
C O (L) O	COOL
(B) N O T U Y	BOUNTY
E E F I (S) V T	FESTIVE

Hidden word: **VEGETABLES**

Solution to November Sudoku:

8	4	9	3	5	7	6	1	2
6	3	2	8	1	9	5	7	4
7	1	5	6	4	2	8	9	3
1	9	8	5	3	4	2	6	7
5	6	3	2	7	1	9	4	8
4	2	7	9	8	6	1	3	5
9	7	1	4	2	5	3	8	6
2	8	4	1	6	3	7	5	9
3	5	6	7	9	8	4	2	1

November Cryptogram Message

*A Smile
is a passport
that will take you
anywhere
you want to go*

December Sudoku:

3			7	6	5			
					9	5		1
	9	2					7	3
9				5	2	1		
	3	4		7		8	5	
		1	8	9				6
4	7					2	1	
1		5	3					
			5	1	7			4

Find the words about **Frosty the Snowman** that are listed below in the word search grid. Circle each letter one by one. Each letter of the Frosty the Snowman Christmas word search grid may be used in more than one word. **When the word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting fact about Frosty the Snowman.**

Frosty The Snowman Word Search Puzzle



Y T H E C N A M W O N S C H R
 T M I S A T M A S S L A U G H
 S O E N M A G I C I A N G F R
 O O S L E B R O O M S T I C K
 R T Y T T H E S N O W A M O A
 F B N W O I A S F M I C R R E
 S U T R L E N S A C O L R N L
 D T R A I N E G H E D A B C O
 Y T O G F Y I E N A E U A O P
 U O T P E C N A D R P S Y B H
 A N N L H D T J H E C P A P T
 S N A A S A C O O U N T Y I R
 Y O T B O Y T S I L N A N P O
 C S C H O O L C H I L D R E N
 I E N E T E E N F P I Y F T Y



FROSTY THE SNOWMAN WORD LIST

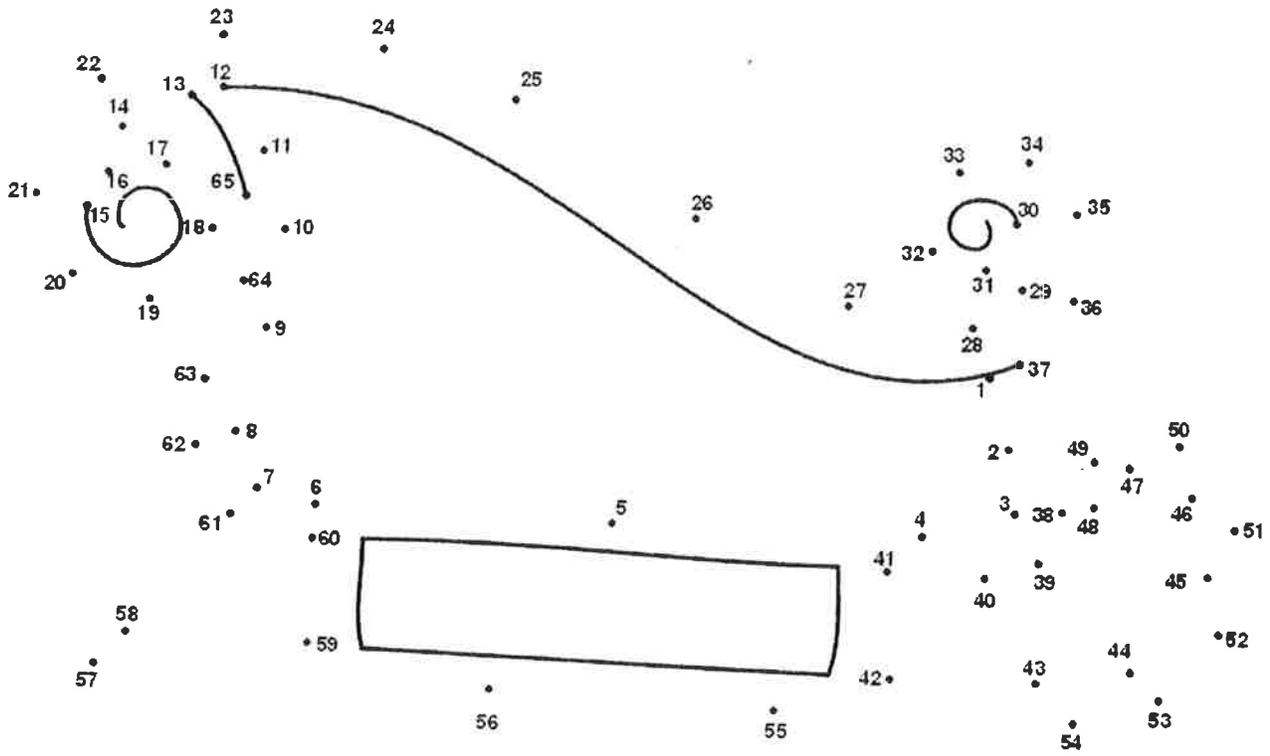
BROOMSTICK	MAGIC HAT	MAGICIAN	JOLLY	SCHOOLCHILDREN
BUTTON NOSE	SANTA CLAUS	MELTING	LAUGH	SNOWMAN
CAME TO LIFE	CORNCOB PIPE	DANCE	PLAY	TOP HAT
COAL EYES	NORTH POLE	FROSTY	HAPPY	TRAIN

The house needs some decorating with this Christmas wreath.

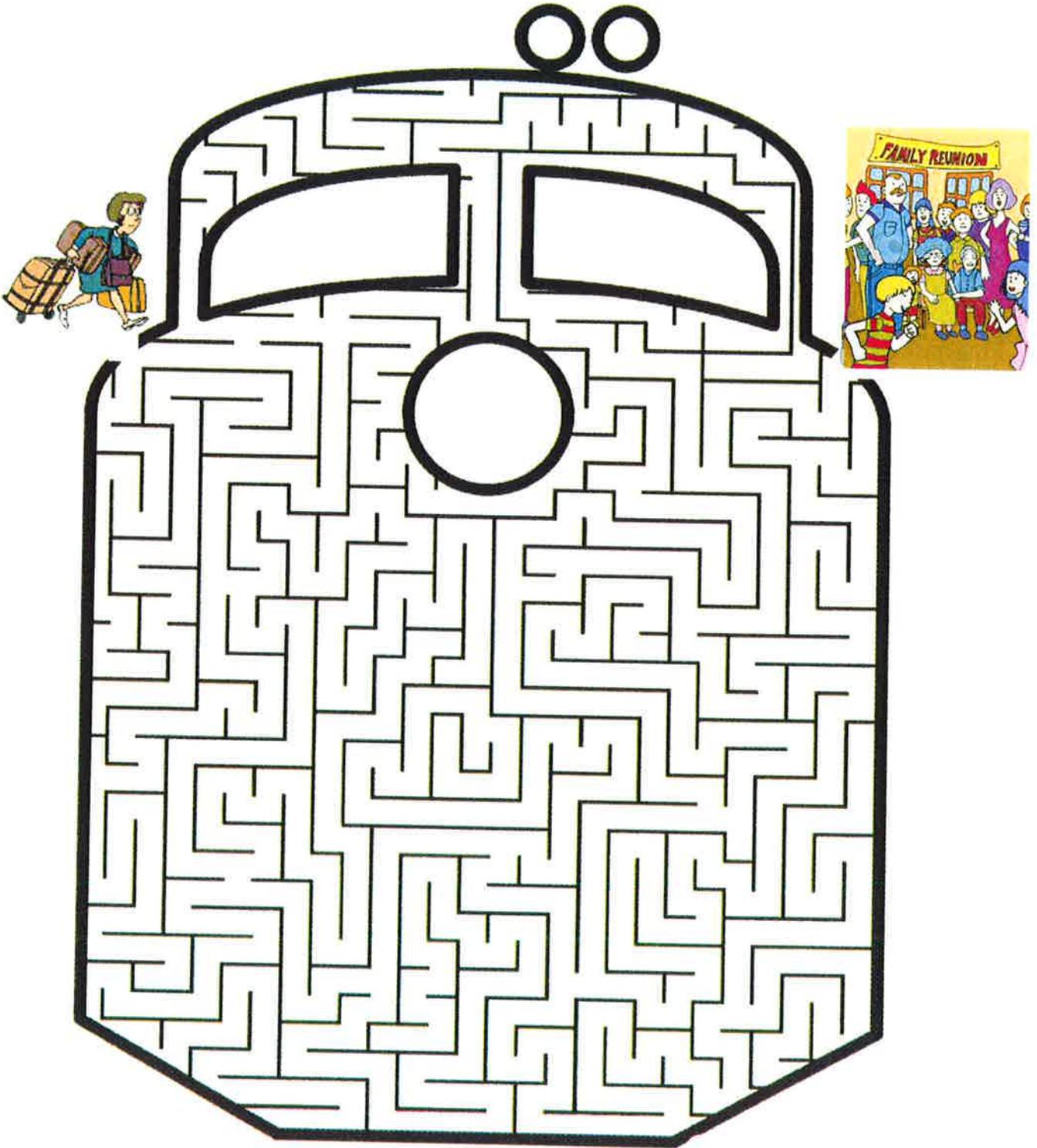
Draw the path starting at 4 and counting by 4s up to 400.

			4	8	12	16	36	40	
			136	132	128	20	32	44	48
			140	144	124	24	28	56	52
228	224	156	152	148	120	84	80	60	64
232	220	160	164	168	116	88	76	72	68
236	216	212	208	172	112	92	96	380	384
240	252	256	204	176	108	104	100	376	388
244	248	260	200	180	352	356	368	372	392
280	276	264	196	184	348	360	364	400	396
284	272	268	192	188	344	340			
288	292	304	308	320	324	336			
	296	300	312	316	328	332			

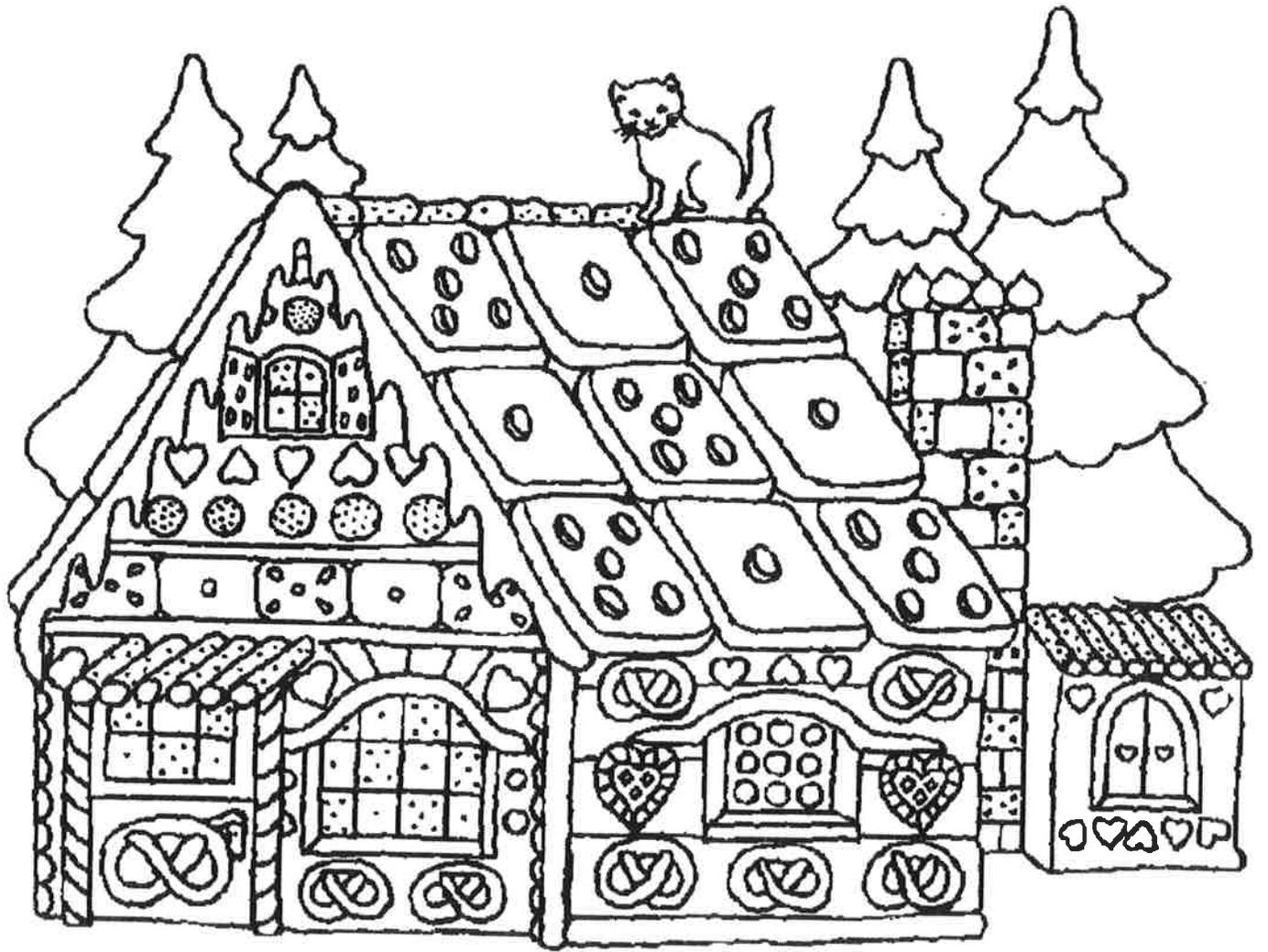
Santa's Sleigh Dot-to-Dot Puzzle

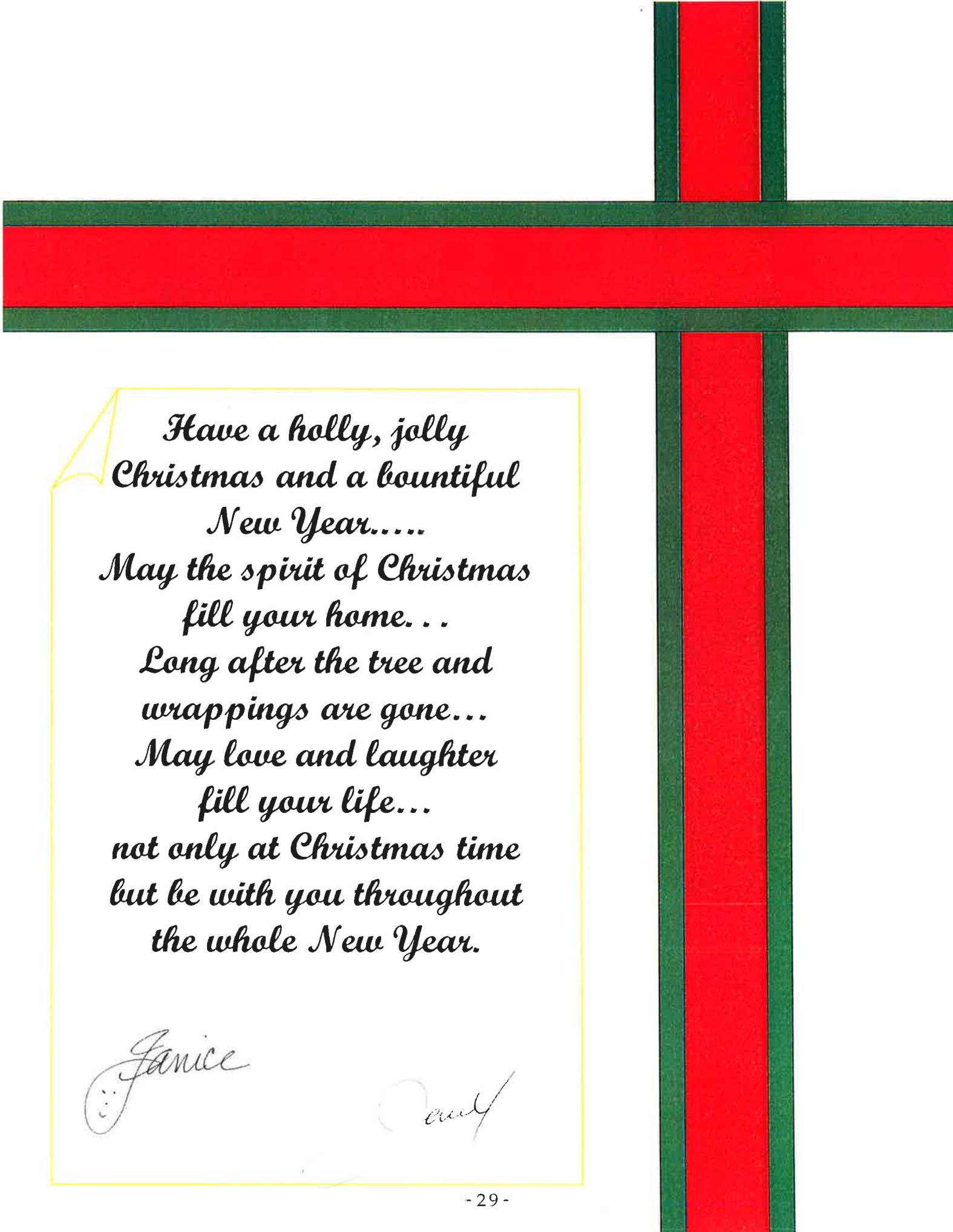


Help the lady get through the train maze to get to her family reunion.



GINGERBREAD HOUSE





*Have a holly, jolly
Christmas and a bountiful
New Year.....*

*May the spirit of Christmas
fill your home. . .*

*Long after the tree and
wrappings are gone...*

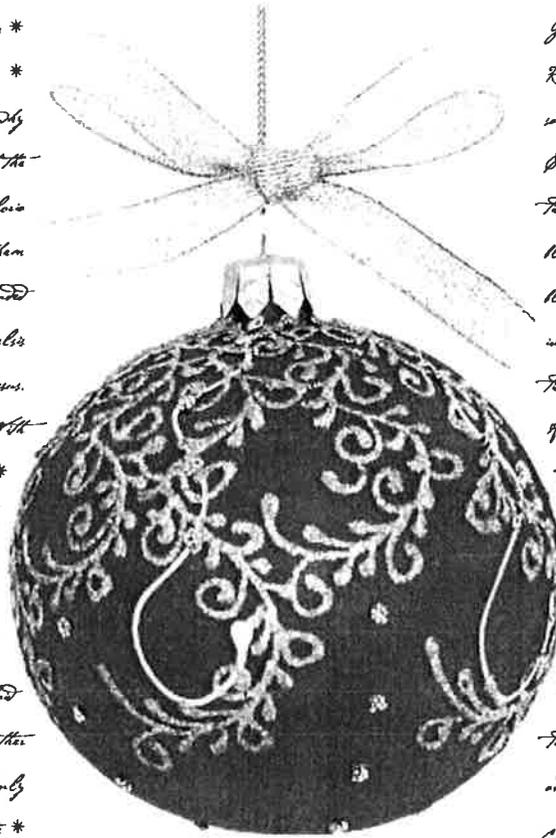
*May love and laughter
fill your life...*

*not only at Christmas time
but be with you throughout
the whole New Year.*

Janice

Paul

Angels we have heard on high * Sweetly singing thro' the plains *
 And the mountains in reply. * Echoing their joyous strains. *
 Gloria In excelsis deo Gloria * In excelsis deo * Shepherds, why
 this jubilee? * Why your joyous strains prolong? * What the
 glad some things be * Which inspire your heavenly song? * Gloria
 In excelsis deo Gloria * In excelsis deo * Came to Bethlehem
 and see * Of him whose birth the angels sing; * Come, adore on bended
 knee * Christ, the Lord, the newborn King * Gloria In excelsis
 deo Gloria * In excelsis deo * See of him in a manger led * Jesus,
 Lord of heaven and earth! * Mary, Joseph, lend your aid, * With
 us sing our Saviour's birth * God rest you merry gentlemen, *
 Let nothing you dismay, * Remember Christ our Saviour * Was
 born on Christmas Day. * To save us all from Satan's power
 * When he was gone astray; * O things of comfort and joy,
 comfort and joy! * O things of comfort and joy! * In
 Bethlehem, in Judah, * This blessed Babe was born, * And led
 within a manger, * Upon this blessed morn; * To which of's mother
 Mary * Did nothing take in scorn; * From God, our heavenly
 Father, * A blessed angel came; * And unto certain shepherds *
 Brought things of the same; * And that in Bethlehem was born * The
 Son of God by Name; * The Shepherds at these things * Rejoiced
 much in mind, * And left their flocks a-feeding, * In tempest,
 storm and wind, * And went to Bethlehem straightway * This
 blessed Babe to find; * Had to the Lord sing praises, * All you
 within this place, * And with true love and brotherhood * Each
 other now embrace; * This holy Day of Christmas * All others with
 deface * Let come upon the midnight clear * That glorious song of
 old, * From angels' bending near the earth * To touch their harps of
 gold, * 'Peace on the earth, good will to men, From heaven is all



God rest you merry gentlemen, * Let nothing you dismay, *
 Remember Christ our Saviour * Was born on Christmas Day. * To
 save us all from Satan's power * When he was gone astray; *
 Shows * O things of comfort and joy, comfort and joy! * O
 things of comfort and joy! * In Bethlehem, in Judah, * This
 blessed Babe was born, * And led within a manger, * Upon this
 blessed morn; * To which of's mother Mary * Did nothing take
 in scorn; * O things of comfort and joy, comfort and joy! * O
 things of comfort and joy! * From God, our heavenly Father, *
 A blessed angel came; * And unto certain shepherds * Brought
 things of the same; * And that in Bethlehem was born * The
 Son of God by Name; * O things of comfort and joy, comfort
 and joy! * O things of comfort and joy! * The Shepherds at
 these things * Rejoiced much in mind, * And left their
 flocks a-feeding, * In tempest, storm and wind, * And went
 to Bethlehem straightway * This blessed Babe to find; * O
 things of comfort and joy, comfort and joy! * O things of comfort
 and joy! * Had to the Lord sing praises, * All you within this
 place, * And with true love and brotherhood * Each other now
 embrace; * This holy Day of Christmas * All others with deface; *
 O things of comfort and joy, comfort and joy! * O things of
 comfort and joy! * What Child is this, who laid to rest, * On
 Mary's lap is sleeping? * Whom angels greet with anthems
 sweet * While shepherds watch are keeping? * This, this is Christ
 the King, * Whom shepherds guard and angels sing, * Hark, hark to
 him lowly, * The Babe, the Son of Mary, * Why lies he in
 such mean estate * Where ox and ass are feeding? * Good
 Christian, fear for sinners here, * The Silent Word is pleading, * So
 bring him incense, gold and myrror, * Some pleasant thing, to cheer

Celebrate The Season

Your guide to fun and festivities

CAROL SONG SHEETS

TORONTO STAR

DESIGN BY KATHLEEN DOODY/TORONTO STAR

Hark! The Herald Angels Sing

Hark! The herald angels sing,
"Glory to the newborn King!
Peace on earth and mercy mild,
God and sinners reconciled."
Joyful all ye nations rise,
Join the triumph of the skies:
With the angelic host proclaim,
"Christ is born in Bethlehem."

Chorus

*Hark! The herald angels sing,
"Glory to the newborn King."
Christ by highest heav'n adored;
Christ, the everlasting Lord!
Late in time behold Him come,*

Offspring of a Virgin's womb.
Veiled in flesh the Godhead see;
Hail, the incarnate Deity.
Pleased as man with man to dwell,
Jesus, our Emmanuel!
(Chorus)
Hail the heav'n-born Prince of Peace!
Hail the Son of Righteousness!
Light and life to all He brings,
Ris'n with healing in His wings.
Mild He lays His glory by,
Born that man no more may die.
Born to raise the sons of earth;
Born to give them second birth.
(Chorus)

It Came Upon The Midnight Clear

It came upon the midnight clear
That glorious song of old,
From angels bending near the earth
To touch their harps of gold.
"Peace on the earth, goodwill to men,
From heav'n's all-gracious King."
The world in solemn stillness lay
To hear the angels sing.
Still through the cloven skies
they come
With peaceful wings unfur'd;
And still their heav'nly music floats
O'er all the weary world.
Above its sad and lowly plains,

They bend on hov'ring wing;
And ever o'er its Babel sounds
The blessed angels sing.
For lo! the days are hast'ning on,
By prophets seen of old.
When with the ever-circling years
Shall come the time foretold.
When the new heav'n and earth
shall own
The Prince of Peace, their King,
And the whole of the world send
back the song
Which now the angels sing.

Jingle Bells

Dashing through the snow in a
one-horse open sleigh;
O'er the fields we go,
laughing all the way.
Bells on bobtail ring,
Making spirits bright,
What fun it is to ride and sing
A sleighing song tonight.

Chorus

*Jingle bells, jingle bells,
Jingle all the way.
Oh what fun it is to ride
In a one-horse open sleigh.
A day or two ago
Thought I'd take a ride
Soon Miss Fanny Bright*

Was seated at my side.
The horse was lean and lank,
Misfortune seem'd his lot;
He got into a drifted bank,
And there we got upset.
(Chorus)
Now the ground is white,
So go it while you're young;
Take the girls tonight,
And sing this sleighing song.
Just get a bob-tailed nag,
Two-forty for his speed;
Then hitch him to an open sleigh,
And crack! You'll take the lead.
(Chorus)

Huron Christmas Carol (Jesous Ahathonhia)

(English translation by J.E. Middleton)

'Twas in the moon of wintertime
When all the birds had fled
That mighty Gitchi Manitou
Sent angel choirs instead.
Before their light the stars grew dim,
And wond'ring hunters heard the
hymn:

Chorus

*Jesus, your King, is born;
Jesus is born!
In excelsis gloria!
Within a lodge of broken bark,
The tender Babe was found;*

A ragged robe of rabbit skin
Enwrapped his beauty round.
And as the hunter braves drew nigh,
the Angel song rang loud and high:
(Chorus)

O children of the forest free,
O sons of Manitou,
The Holy Child of earth and heav'n
Is born today for you.
Come kneel before the radiant Boy
Who brings you beauty,
peace and joy:

(Chorus)

*(Used by permission Fredrick Harna Music Co.
Limited, Oakville, Ont.)*

Joy To The World

Joy to the world! the Lord has come:
Let earth receive her King.
Let ev'ry heart prepare Him room,
And heav'n and nature sing.
And heav'n and nature sing.
And heav'n, and heav'n and nature sing.
Joy to the world!
The Saviour reigns:
Let men their songs employ,
While fields and floods, rocks, hills
and plains

Repeat the sounding joy.
Repeat the sounding joy.
Repeat, repeat the sounding joy.
He rules the world with truth
and grace,
And makes the nations prove,
The glories of His righteousness,
And wonders of His love.
And wonders of His love.
And wonders, wonders of His love.

I Saw Three Ships

I saw three ships come sailing in
On Christmas Day, on Christmas Day.
I saw three ships come sailing in,
On Christmas Day in the morning.
And what was in those ships all three
On Christmas Day, on Christmas Day
And what was in those ships all three

On Christmas Day, on Christmas Day
in the morning.
The Virgin Mary and Christ were there
On Christmas Day, etc.
They sailed into Bethlehem.
On Christmas Day etc.
And all the bells on earth shall ring.
On Christmas Day, etc.

O Come, All Ye Faithful

O come, all ye faithful,
Joyful and triumphant,
O come ye, O come ye to Bethlehem;
Come and behold Him
Born the King of angels:
Chorus
*O come, let us adore Him,
O come, let us adore Him,
O come, let us adore Him,
Christ the Lord!*

Sing, choirs of angels,
Sing, in exultation,
Sing, all ye citizens of heaven above;
Glory to God in the highest:
(Chorus)
Yea, Lord we greet thee,
Born this happy morning,
Jesus, to Thee be glory given;
Word of the Father,
Now in flesh appearing:
(Chorus)

O Holy Night

O holy night,
the stars are brightly shining;
It is the night of
our dear Savior's birth!
Long lay the world
in sin and error pining,
Till He appeared
and the soul felt its worth.
A thrill of hope,
he weary world rejoices,
For yonder breaks
a new and glorious morn.
Fall on your knees,
O hear the angel voices!
O night divine,
O night when Christ was born!
O night divine, O night,
O night divine!
Led by the light of Faith
serenely beaming,
With glowing hearts
by His cradle we stand.
So led by light of a star
sweetly gleaming,
Here came the wise men
from Orient land.
The King of Kings lay thus

in lowly manger,
In all our trials born
to be our Friend!
He knows our need,
To our weakness no stranger;
Behold your King!
Before the lowly bend!
Behold your King! your King!
Before Him bend.
Truly He taught us
to love one another;
His law is love and
His gospel is peace.
Chains shall He break
for the slave is our brother
And in His name
all oppression shall cease.
Sweet hymns of joy in
grateful chorus raise we,
Let all within us
praise His holy name!
Christ is the Lord,
Oh praise His name forever,
His pow'r and glory
evermore proclaim
His pow'r and glory
evermore proclaim.

Rudolph The Red-Nosed Reindeer

You know Dasher and Dancer
And Prancer and Vixen,
Comet and Cupid
And Donner and Blitzen.
But do you recall
The most famous reindeer of all?
Rudolph the red-nosed reindeer
Had a very shiny nose
And if you ever saw it
You would even say it glows
All of the other reindeer

Used to laugh and call him names
They never let poor Rudolph
Join in any reindeer games
Then one foggy Christmas Eve
Santa came to say
Rudolph with your nose so bright
Won't you guide my sleigh tonight?
Then how the reindeer loved him
As they shouted out with glee
"Rudolph the red-nosed reindeer
You'll go down in history!"

Silent Night

Silent night, holy night
All is calm, all is bright.
'Round yon Virgin Mother and Child,
Holy Infant so tender and mild,
Sleep in heavenly peace,
Sleep in heavenly peace.
Silent night, holy night,
Shepherds quake at the sight.
Glories stream from heaven afar,

Heav'nly hosts sing Allelujah,
Christ, the Saviour is born.
Christ, the Saviour is born.
Silent night, holy night,
Son of God love's pure light.
Radiant beams from Thy holy face,
With the dawn of redeeming grace,
Jesus, Lord, at Thy birth;
Jesus, Lord at Thy birth.

O little Town of Bethlehem

O little town of Bethlehem,
How still we see thee lie;
Above thy deep and dreamless sleep
The silent stars go by;
Yet in thy dark streets shineth
The everlasting Light;
The hopes and fears of all the years
Are met in thee tonight.
O morning stars together
Proclaim the holy birth,
And praises sing to God the King
And peace to men on earth!

For Christ is born of Mary;
And gathered all above,
While mortals sleep, the angels keep
Their watch of wondering love.
O Holy Child of Bethlehem,
Descend to us, we pray;
Cast out our sin, and enter in;
Be born in us today.
We hear the Christmas angels
The great glad tidings tell;
O come to us, abide with us,
Our Lord Emmanuel.

Jingle Bell Rock

Jingle bell, jingle bell, jingle bell rock
Jingle bells swing and jingle bells ring
Snowing and blowing up bushels of fun
Now the jingle hop has begun.
Jingle bell, jingle bell, jingle bell rock
Jingle bells chime in jingle bell time
Dancing and prancing in
Jingle Bell Square
In the frosty air.
What a bright time, it's the right time

To rock the night away
Jingle bell time is a swell time
To go gliding in a one-horse sleigh
Giddy-up jingle horse,
pick up your feet
Jingle around the clock
Mix and a-mingle in the jingling beat
That's the jingle bell rock,
That's the jingle bell,
That's the jingle bell rock.

Frosty the Snowman

Frosty the snowman was
a jolly happy soul,
With a corncob pipe and
a button nose,
And two eyes made out of coal.
Frosty the snowman is a fairy tale,
they say,
He was made of snow
But the children know
How he came to life one day.
There must have been some magic
in that old silk hat they found.
For when they placed it on his head,
He began to dance around.
O, Frosty the snowman
Was alive as he could be,
And the children say he could laugh
And play just the same as you and me.
Thumpetty thump thump,
Thumpetty thump thump,
Look at Frosty go.
Thumpetty thump thump,
Thumpetty thump thump,
Over the hills of snow.

Frosty the snowman knew
The sun was hot that day,
So he said, "Let's run and
we'll have some fun
now before I melt away."
Down to the village,
With a broomstick in his hand,
Running here and there all
Around the square saying,
Catch me if you can.
He led them down the streets of town
Right to the traffic cop.
And he only paused a moment when
He heard him holler "Stop!"
For Frosty the snowman
Had to hurry on his way,
But he waved goodbye saying,
"Don't you cry,
I'll be back again some day."
Thumpetty thump thump,
Thumpetty thump thump,
Thumpetty thump thump,
Look at Frosty go.
Thumpetty thump thump,
Thumpetty thump thump,
Over the hills of snow.

White Christmas

The sun is shining,
The grass is green,
The orange and palm trees sway.
There's never been such a day
In Beverly Hills, L.A.
But it's December the twenty
fourth,
And I am longing to be up north.
I'm dreaming of a white Christmas,

Just like the ones I used to know,
Where the treetops glisten
And children listen
To hear sleigh bells in the snow.
I'm dreaming of a white Christmas
With ev'ry Christmas card I write:
"May your days be merry and bright
And may all your Christmases be
white."

"White Christmas" by Irving Berlin
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Away In A Manger

Away in a manger,
No crib for a bed,
The little Lord Jesus
Laid down His sweet head.
The stars in the bright sky
Looked down where He lay,
The little Lord Jesus
Asleep on the hay.
The cattle are lowing,
The Baby awakes,
But little Lord Jesus
No crying He makes,

I love Thee, Lord Jesus!
Look down from the sky,
And stay by my side
Until morning is nigh.
Be near me, Lord Jesus,
I ask Thee to stay
Close by me for ever,
And love me, I pray.
Bless all the dear children
In Thy tender care,
And fit us for heaven,
To live with Thee there.

The First Noël

The first Noël, the angels did say,
Was to certain poor shepherds
in fields as they lay;
In fields where they lay a keeping
their sheep,
On a cold winter's night that
was so deep.
Chorus
Noël, Noël, Noël, Noël,
Born is the King of Israel.
They looked up and saw a star,
Shining in the East beyond them far;
And to the earth it gave great light,
And so it continued both day and night.

(Chorus)
And by the light of that same star
Three wise men came from country far;
To seek for a King was their intent,
And to follow the star wherever it went.
(Chorus)
Then let us all with one accord
Sing praises to our heavenly Lord;
That hath made heaven and earth
of nought,
And with His Blood mankind
hath bought.
(Chorus)

God Rest You Merry, Gentlemen

God rest you merry gentlemen,
Let nothing you dismay,
Remember Christ our Saviour
Was born on Christmas Day.
To save us all from Satan's power
When we were gone astray:
Chorus
O tidings of comfort and joy,
comfort and joy!
O tidings of comfort and joy!
In Bethlehem, in Jewry,
This blessed Babe was born,
And laid within a manger,
Upon this blessed morn;
To which His mother Mary
Did nothing take in scorn:
(Chorus)
From God, our heav'nly Father,
A blessed angel came;

And unto certain shepherds
Brought tidings of the same;
How that in Bethlehem was born
The Son of God by Name:
(Chorus)
The Shepherds at those tidings
Rejoiced much in mind,
And left their flocks a-feeding.
In tempest, storm and wind,
And went to Bethlehem straightway
This blessed Babe to find:
(Chorus)
Now to the Lord sing praises,
All you within this place,
And with true love and brotherhood
Each other now embrace;
This holy tide of Christmas
All others doth deface:
(Chorus)

Angels We Have Heard On High

Angels we have heard on high
Sweetly singing over the plains
And the mountains in reply,
Echoing their joyous strains.
Chorus
Gloria
In excelsis deo
Gloria
In excelsis deo
Shepherds, why this Jubilee?
Why your joyous strains prolong?
What the gladsome tidings be

Which inspire your heavenly song?
(Chorus)
Come to Bethlehem and see
Him whose birth the angels sing;
Come, adore on bended knee
Christ, the Lord, the newborn King
(Chorus)
See Him in a manger laid
Jesus, Lord of heaven and earth!
Mary, Joseph, lend your aid,
With us sing our Savior's birth.
(Chorus)

We Three Kings

We three Kings of Orient are,
Bearing gifts we traverse afar,
Field and fountain, moor and mountain,
Following yonder star.
Chorus
O star of wonder, Star of night,
Star with royal beauty bright,
Westward leading,
Still proceeding,
Guide us to Thy perfect light.
Born a King on Bethlehem's plain,
Gold I bring to crown Him again,
King forever, ceasing never,
Over us all to reign.
(Chorus)
Frankincense to offer have I,

Incense owns a Deity nigh,
Pray'r and praising,
All men raising,
Worship Him, God most high.
(Chorus)
Myrrh is mine, its bitter perfume
Breathes a life of gathering gloom;
Sorrowing, sighing,
Bleeding, dying,
Sealed in the stone-cold tomb.
(Chorus)
Glorious now behold Him arise,
King and God and Sacrifice!
Alleluia! Alleluia!
Earth to the Heav'ns replies.
(Chorus)

Deck The Halls

Deck the halls with boughs of holly,
Fa-la-la-la-la, la-la-la-la,
'Tis the season to be jolly,
Fa-la-la-la-la, la-la-la-la,
Don we now our gay apparel,
Fa-la-la-la-la, la-la-la-la,
Troll the ancient Yuletide carol,
Fa-la-la-la-la, la-la-la-la,

See the blazing Yule before us,
Fa-la-la-la-la, la-la-la-la,
Strike the harp and join the chorus,
Fa-la-la-la-la, la-la-la-la,
Follow me in merry measure,
Fa-la-la-la-la, la-la-la-la,
While I tell of Yuletide treasure,
Fa-la-la-la-la, la-la-la-la.

Good King Wenceslaus

Good King Wenceslaus look'd out
On the Feast of Stephen,
When the snow lay round about,
Deep and crisp, and even:
Brightly shone the moon that night,
Though the frost was cruel,
When a poor man came in sight,
Gath'ring winter fuel.
"Hither, page, and stand by me,
If thou know'st it telling,
Yonder peasant, who is he?
Where and what his dwelling?"
"Sire, he lives a good league hence,
Underneath the mountain,
Right against the forest fence,
By Saint Agnes' fountain."
"Bring me flesh and bring me wine,
Bring me pine logs hither:
Thou and I will see him dine,
When we bear them thither."

Page and monarch forth they went,
Forth they went together;
Through the rude wind's wild lament
And the bitter weather,
"Sire, the night is darker now,
And the wind blows stronger;
Fails my heart, I know not how;
I can go no longer."
"Mark my footsteps, good my page.
Tread thou in them boldly.
Thou shalt find the winter's rage
Freeze thy blood less coldly."
In his master's steps he trod,
Where the snow lay dinted;
Heat was in the very sod
Which the Saint had printed.
Therefore, Christian men, be sure,
Wealth or rank possessing,
Ye who now will bless the poor,
Shall yourselves find blessing.